



SAMUEL WATERHOUSE

YOU WERE
HEALED

*How Scripture says to receive
the healing Jesus already purchased*

Now say it: I am healed.

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BLOOD AND STRIPES
FORGIVENESS AND HEALING
BOTH ARE YOURS

SAMUEL WATERHOUSE

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“Surely he hath borne our griefs, and carried our sorrows... and with his stripes we are healed.”

— ISAIAH 53:4–5 (KJV)

DEDICATION

To Jesus Christ, who paid the full price for our complete redemption.

To the Body of Christ worldwide—may you walk in the fullness of what He purchased.

And to every believer who has ever wondered, “Is there more?”

Yes. There is.

A Word of Blessing

Before you read, receive this:

Let me pray for you: In the name of Jesus, I command your mind, body, and spirit to align with God's Word. No distraction will stop you from reading this book, and the truth of God's Word will stay in your remembrance at all times. I command that by the end of this book, if you need a miracle healing, you receive it as a testimony that God's Word is true and that this book simply makes His Word clear. In Jesus' name, be blessed as you read and enjoy. You will see it—whether in the first chapter or the eighth—and when you see it, you will never be the same again, and you will want to tell the world. Amen.

If you don't know Jesus yet, you can still learn this truth. But to walk in it forever, you'll need Him too. Turn to *Your Decision* at the back of this book when you're ready.

Simple Truth

I'm not a doctor, and this is not medical advice. This book teaches the Bible. You could call it heaven's health manual. I quote the Word of God, I tell you I agree with it, and I tell you I practice it. That is all this book does.

Every decision is yours. God's Word is my final authority; you decide whether it will be yours. Every choice about doctors, medicine, and treatment is between you and God, made at your own discretion and at your own risk. This book will never make those decisions for you.

Don't play with God's Word. Faith is being fully persuaded by God's Word, then acting from that persuasion. It is not an experiment. If you choose to act on what you read and then waver—double-minded—that is your choice and your risk (James 1:6–8). And do not make a sudden, fear-driven change just because you read a page. That is not faith. That is presumption.

Never test God's Word on your children. If you—parent, grandparent, whoever you are—do not walk in divine healing and divine health yourself, do not experiment on someone who depends on you. Read “When It's Someone Else's Body” in Chapter 8 before you decide anything for anyone in your care.

Truth, in love. This book does not compromise the truth, and it does not condemn you. Everything here is meant to be received and practiced in the fruit of the Spirit: love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance (Galatians 5:22–23).

This is about what I believe the Bible says for believers in Jesus. Read it for yourself. Let God show you. The covenant promises in these pages belong to those who make Jesus Lord of their lives. If you don't yet know Him, you can still read and learn—but to walk in this fully and forever, you'll need Him too. Turn to *Your Decision* at the back of this book when you're ready.

Contents

Quick Start Guide	1
The Foundation of Everything	5

Quick Start Guide

Need Healing TODAY? Start Here.

If you're facing a health crisis right now, don't wait to read the whole book. Start here, and let the Holy Spirit begin the work immediately while you build your foundation.

If it's a medical emergency, call for help first—000 in Australia, 111 in New Zealand, 911 in the United States—and keep your confession of faith all the way there. Chapter 8 explains why.

BEFORE YOU START: FORGIVE (MARK 11:25–26)

Jesus connected mountain-moving faith with forgiveness. Before you pray, say this out loud:

“Father, in Jesus’ name, I forgive every person I’ve held anything against. I release them now. I refuse to hold unforgiveness, bitterness, or offense. Thank You that as I forgive, You hear my prayer of faith.”

Now you are ready to stand in faith without blockage in your heart.

STEP 1: DECLARE THIS NOW (Say It Out Loud)

“Jesus, I believe You bore my sickness at the whipping post. By Your stripes, I am healed—past tense, finished, done. I don’t need to beg; I receive what You already provided. I am healed in Jesus’ name. Amen.”

YOU WERE HEALED

STEP 2: STOP SAYING

Stop agreeing with sickness and fear. Refuse to let these sentences come out of your mouth:

"I'm sick."

"I'm getting worse."

"The doctor said this is the end."

"I hope I get better one day."

"This always happens to me."

STEP 3: START SAYING

Instead, put God's Word in your mouth. Say things like:

"By His stripes, I am healed."

"Jesus already bore this sickness so I don't have to."

"I walk in divine health; my body is the temple of the Holy Spirit."

"God's Word is my final report, not my symptoms or doctor's report."

"No weapon formed against me shall prosper, in Jesus' name."

STEP 4: TAKE COMMUNION TODAY

Get bread and juice (or water).

Hold the bread and say:

"This is Jesus' body broken at the whipping post for my healing. I receive everything His stripes purchased for me. By His stripes I am healed."

Then eat it.

Hold the cup and say:

“This is Jesus’ blood shed for my forgiveness and my covenant with God. I receive full forgiveness, full righteousness, and full access to everything Jesus paid for.”

Then drink it.

STEP 5: STAND FIRM

Symptoms may scream. Fear may attack your mind. People may contradict your faith. Do not move off the Word. Your healing is not something you’re trying to get; it is something Jesus already provided. You are standing until what He finished shows up in your body.

STEP 6: GUARD YOUR WORDS

Faith is released by words and actions. If you speak faith for healing and then say, “I’m still sick,” you are undermining the very thing you believed for. Don’t cancel your confession with unbelief.

Picture your mouth as a gun and your words as bullets. Every time you speak, something is fired. Some bullets carry life. Some carry death. There are no neutral bullets. “Death and life are in the power of the tongue” (Proverbs 18:21).

When you say things like “I have cancer,” “My diabetes,” or “This sickness is killing me,” you are firing death bullets into your own body. Stop firing them. Load your mouth with life instead:

“By His stripes I was healed.”

“I have no sickness in Jesus’ name.”

“I walk in divine health; the life of God flows in my body.”

If you catch yourself speaking fear or doubt, don’t condemn yourself. Cancel it and replace it, out loud:

“Lord, I cancel those words in Jesus’ name. I choose to agree with Your Word: by Your stripes I am healed.”

Then go back to speaking life. Chapter 3 teaches this in full. For today, one rule: say only what God says.

Now, as you continue through this book, you'll learn how to build an unshakeable foundation in divine healing and divine health so this becomes your lifestyle, not just a crisis response.

ONE MORE THING BEFORE YOU BEGIN

Every few pages in this book, you will run into the same short confession under the words REPEAT AFTER ME. It is not filler. It is the method. "So then faith comes by hearing, and hearing by the word of God" (Romans 10:17)—and the voice you hear the most is your own. Repetition is essential. Every single time you meet it, stop and say it out loud:

"I am healed and healthy by the stripes of Jesus. I am saved by the blood of Jesus. Amen."

Don't skim past it. Don't say it silently. Faith comes by HEARING. By the last page, you won't just have read this truth—it will be written in you.

You'll also meet SAY THIS OUT LOUD. That's a longer declaration written for the chapter you're in. Say those too—out loud, every time.

Right after this guide, before anything else, you will find the foundation this entire book stands on: Mark 11:22–26. Read it slowly. Everything else is built on it.

The Foundation of Everything

Mark 11:22–26 (KJV): Believe in Your Heart. Speak with Your Mouth. Have What You Say.

Before you read one more page, you need the mechanism this entire book runs on.

Everything you are about to learn—the confessions, the Communion, the declarations, the standing—works by one divine law, and Jesus stated it plainly. This is not a side verse. This is the operating system of the Christian life. If you get this, every chapter that follows will work for you. If you miss this, the rest will just be information.

Read it slowly. Out loud if you can:

Mark 11:22–26 (KJV): “And Jesus answering saith unto them, Have faith in God. For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.”

Five verses. One complete system. Let me take it apart piece by piece.

VERSE 22: “HAVE FAITH IN GOD”

The starting point is not faith in your faith. Not faith in a feeling, a doctor, a method, or a minister. Have faith in GOD.

Faith in God means faith in what God said. It is impossible for God to lie (Hebrews 6:18). “For ever, O Lord, your word is settled in heaven” (Psalm 119:89). So when He said, “by whose stripes ye were healed,” that is not a possibility—it is a settled fact. Your faith doesn’t make it true. Your faith takes hold of what is already true.

Everything before the cross was by faith. Everything after the cross is by fact. Now, you have faith in the fact.

VERSE 23: SAY IT. BELIEVE IT IN YOUR HEART. HAVE WHAT YOU SAY.

Now watch how Jesus builds it. In one verse He mentions SAYING three times and believing once:

“whosoever shall SAY unto this mountain”

“shall believe that those things which he SAITH shall come to pass”

“he shall have whatsoever he SAITH”

The mountain is whatever stands against you—your sickness, your diagnosis, your symptom. And Jesus did not say to pray about the mountain. He did not say to ask God to remove the mountain. He said YOU say TO the mountain.

But notice the two locations where this happens: the mouth and the heart.

“Shall not doubt in his HEART” – that is the inside part.

“Shall SAY” – that is the outside part.

Both are required. Speaking without heart-belief is just noise. Believing without speaking is faith with no outlet—it stays locked inside you. But when the heart believes and the mouth speaks the same thing, Jesus gave you His personal guarantee: “he shall have whatsoever he saith.”

Not “he might have.” Not “God will decide case by case.” He SHALL have WHATSOEVER he saith.

This is the law of faith, and it works the same way for everyone, every time:

Believe it in your heart. Speak it through your mouth. Hold fast what you say, believing you have what you say—and you will have what you say.

That is not a slogan. That is Mark 11:23. If you hold fast your confession—refusing to take it back, refusing to contradict it—the thing you are saying moves from your mouth into your life.

And it works on every mountain—a symptom, a diagnosis, even a physically dead body. The same principles that heal the sick raise the dead (Matthew 10:8).

VERSE 24: BELIEVE YOU RECEIVED—AND YOU SHALL HAVE

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”

Look at the order Jesus put in place:

1. You pray.
2. You believe you receive—right then, before you see anything.
3. THEN you shall have.

Most people reverse it. They say, “I’ll believe it when I see it.” Jesus says, “Believe it, and then you’ll see it.” Believing you received comes first; having comes second. The receiving happens in your spirit the moment you believe; the having shows up in your body afterward.

This is exactly why this book keeps saying “by His stripes you WERE healed.” Past tense. When you pray for healing, you are not asking God to do something new. You are believing you receive what He already provided at the whipping post two thousand years ago. You believe you received. Then you shall have.

VERSES 25–26: FORGIVE—THE NON-NEGOTIABLE CONDITION

Jesus attached a condition to mountain-moving faith, and it is not optional:

“When ye stand praying, FORGIVE, if ye have ought against any.”

Unforgiveness clogs the pipeline. You can believe in your heart and speak with your mouth, but if you are holding ought against anyone, Jesus said your own forgiveness is blocked—and so is the prayer. That is why the Quick Start Guide of this book began with forgiving before anything else. It is not a courtesy. It is the condition Jesus Himself attached to “you shall have whatsoever you say.”

So make it a lifestyle. Don’t work up to forgiveness—release it the moment offense comes. Faith works by love (Galatians 5:6), and unforgiveness is faith’s kryptonite. Keep short accounts. Forgive fast, forgive fully, and your faith stays unhindered.

WHY YOUR MOUTH MATTERS THIS MUCH

This is not a side teaching. Scripture says it everywhere:

PROVERBS 18:21 (KJV)

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”

Your tongue is not a reporter—it is an author. It doesn’t just describe your life; it writes it.

2 CORINTHIANS 4:13 (KJV)

“We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak.”

The spirit of faith always ends up speaking. If you believe, you will talk—so make sure your talk matches what God said.

ROMANS 10:8, 10 (KJV)

“The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith... For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.”

The exact same mechanism that saved you heals you. Heart believes. Mouth confesses. God performs. You never graduated to a different system.

In fact, it's the same word. The Greek word for “saved” in Romans 10:9 is *sōzō* (Strong's G4982)—and it's the word Jesus used when He told a woman, “thy faith hath made thee whole” (Mark 5:34), and the word James used when he wrote, “the prayer of faith shall save the sick” (James 5:15). In the New Testament, “saved” and “made whole” are one word, received one way: believe it in your heart, say it with your mouth.



Scan or tap to study Strong's G4982, *sozo* (to save, make whole), on Bible Hub: biblehub.com/greek/4982.htm

PSALM 103:20 (KJV)

“Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.”

YOU WERE HEALED

Angels hearken to the VOICE of God's Word. God's Word on the pages of your Bible is silent ink until someone gives it a voice. When you speak His Word out loud, you become the voice His Word has in the earth—and heaven backs it.

JOEL 3:10 (KJV)

“let the weak say, I am strong.”

God's instruction to the weak is not “wait until you feel strong.” It is “SAY, I am strong”—while you are still weak. Confession comes before manifestation. You will never have it until you say it, and keep saying it.

PHILEMON 1:6 (KJV)

“That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.”

Your faith becomes EFFECTUAL—active, working, producing results—by acknowledging every good thing that is already in you in Christ. Your healing is already in you. Acknowledging it with your mouth is what switches it on in your body.

Say it as fact. Not as a wish. Not as a maybe. Hit every word. Out loud:

“I am a new creation. Old things are passed away. I am the righteousness of God in Christ. I am healed by His stripes. I am healthy by His stripes. The Spirit who raised Jesus from the dead lives in me and gives life to my mortal body. I have the mind of Christ. I have what I say. In Jesus' name. Amen.”

If you are not born again yet, do not skip this and pretend. Go to the salvation prayer at the end of this book, make Jesus Lord, then come back and say it as who you now are.

HOLD FAST: THE PART WHERE MOST PEOPLE LOSE IT

HEBREWS 10:23 (KJV)

“Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)”

“Hold fast” means you said it and you refuse to unsay it. The symptom argues. The report contradicts. Three days pass. This is where the battle is won or lost—not at the moment you prayed, but in the days after, when you decide whether to keep saying what God says or go back to saying what you see.

HEBREWS 10:35–36 (KJV)

“Cast not away therefore your confidence, which hath great recompence of reward. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.”

Through faith and patience you inherit the promises (Hebrews 6:12). The promise is sure. The Father is faithful. Your part is to hold fast what you say—believing you have what you say—until you have what you say.

THIS IS HOW YOU APPLY EVERYTHING IN THIS BOOK

From here to the last page, every confession, every REPEAT AFTER ME, every Communion declaration, every morning and night declaration is Mark 11:22–26 in action:

1. HAVE FAITH IN GOD – settle that His Word is the final fact.
2. SAY IT – out loud, to the mountain, every day.
3. BELIEVE IN YOUR HEART that what you say comes to pass.
4. BELIEVE YOU RECEIVED when you pray—before you see it.
5. FORGIVE – instantly, every time, no exceptions.
6. HOLD FAST – keep saying it without wavering until your body catches up with your confession.

SAY THIS OUT LOUD:

“Father, I have faith in God. I believe in my heart that Jesus bore my sickness at the whipping post, and by His stripes I was healed. I say it with my mouth: I am healed. I am healthy. I walk in divine health. I do not doubt in my heart—I believe that what I say comes to pass, and I shall have whatsoever I say. I believe I receive when I pray, before I see anything. I forgive everyone I have ought against, right now, completely. And I hold fast my confession without wavering, because He is faithful that promised. My heart believes. My mouth agrees. I have what I say. In Jesus’ name. Amen.”

You just applied Mark 11:22–26 to your life. That is the whole method. Everything else in this book simply gives you more truth to put in your heart and more Word to put in your mouth.

Now let’s build the foundation under it.

Continue reading

You have just read the Quick Start Guide and the Foundation of *You Were Healed*.

The complete book continues with the gospel you've been taught and the half that's missing, Isaiah 53 word by word, Jesus and the apostles in action, how to receive and live in divine health, straight answers to the common objections, key Scriptures, daily confessions and a daily routine to put it all into practice.

It is available on Amazon in Kindle, paperback and hardcover.

Blood and stripes. Forgiveness and healing. Both are yours.